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CURRENT SERIAL RECORD

CHEESE IN FAMILY MEALS

Cheese is one of the most popular alternates for meat. In nutritive value, cheese is especially important for its high-quality protein. It is also a good source of some of the other nutrients, particularly calcium and riboflavin, and is high in energy value. Cheese will fit into a meal in main dishes, soups, salads, and desserts.

Every little bit of cheese can be used. Cut off only as much as you need each time, then store the rest in tightly wrapped paper or clean cloth. Use promptly before the cheese dries out. Cheese may mold without spoiling; if it does, cut off the mold and use the rest.

When cooking cheese, use low heat. If cooked too quickly, cheese will get tough and stringy. In order to speed up the melting and blending of cheese, it will need to be cut into small pieces before it is heated. Whenever possible, mix the cheese into a sauce before adding it to other ingredients.

The following recipes from the Human Nutrition Research Division of the Agricultural Research Service show a variety of ways to use cheese in family meals.

CHEESE SAUCE

1/4 cup butter or margarine
1/4 cup sifted all-purpose flour
1/2 teaspoon salt
2 cups hot milk
1-1/2 cups shredded cheese

Melt the fat; blend in the flour and salt. Stir in the milk. Cook until thickened, stirring constantly. Add the cheese and stir until melted.

Serve over bread or toast slices . . . boiled rice, hominy grits, macaroni, or spaghetti . . . boiled potatoes, cabbage, asparagus, onions, cauliflower, or broccoli.

FRENCH-TOASTED CHEESE SANDWICH

Slice bread thin. Make into sandwiches with thin even slices of cheese. Beat up 1 or 2 eggs with 1 cup of milk. Dip the sandwiches lightly into this--on both sides. Brown on both sides in a little fat or oil using moderate heat. Serve hot.

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SCRAMBLED EGGS WITH CHEESE

Add grated cheese just before the egg-and-milk mixture goes into the pan. Cook very slowly so the cheese melts as the eggs cook.

CHEESE POTATO CASSEROLE

- 3 cups diced, cooked potatoes
- 1-1/2 tablespoons butter or margarine
- 3 tablespoons all-purpose flour
- 1 teaspoon salt
- 2 cups hot milk
- 1-1/2 cups shredded cheese
- 2 tablespoons dry bread crumbs
- 1 teaspoon melted butter or margarine

Place potatoes in a baking pan or casserole.

Melt the fat; blend in flour and salt. Add milk and cook until thickened, stirring constantly.

Add cheese and blend. Pour cheese sauce over potatoes.

Mix bread crumbs with the melted fat. Sprinkle over the potato mixture. Bake at 350°F. (moderate oven) for 30 minutes or until brown.

Makes 6 servings.

CHEESE RABBIT (RAREBIT)

- 3 tablespoons butter or margarine
- 3 tablespoons flour
- 1 tablespoon finely chopped onion
- 1/4 teaspoon salt
- 1/4 teaspoon powdered dry mustard
- Paprika, if desired
- 1-1/2 cups milk
- 1/3 pound cheese, shredded (1-1/2 cups)
- 1 egg, beaten

Melt the fat and blend in flour, onion, and seasonings.

Add milk slowly. Cook over low heat until thickened, stirring constantly.

Remove from heat and add cheese.

Pour a little of the sauce into the beaten egg, then pour all back into the sauce.

Stir and cook 2 or 3 minutes longer, until cheese is melted.

Serve on toast or crackers.

Makes 4 servings.

TOMATO SAUCE

- 2-1/2 cups fresh tomatoes cut in pieces, or 2 cups cooked or canned tomatoes
- 1/2 teaspoon sugar, if desired
- 1/4 cup chopped onion
- Small piece bay leaf
- 2 cloves
- 2 tablespoons melted fat or oil
- 2 tablespoons flour
- Salt and pepper to taste

Cook the tomatoes slowly with the sugar, onion, bay leaf, and cloves -- 20 minutes for fresh tomatoes, 10 minutes for cooked or canned. Put through a sieve or food press.

Blend the fat and flour and stir in the tomato mixture.

Cook over low heat, stirring often, until thickened. Season with salt and pepper.

Makes 2 cups.

CHEESE-RICE TIMBALES

- 1/4 cup finely chopped green pepper
- 1 tablespoon finely chopped onion
- 2 tablespoons melted fat or oil
- 1 tablespoon flour
- 3/4 cup milk
- 1/2 teaspoon salt
- 1/2 teaspoon dry mustard
- 1/4 pound cheese, shredded (about 1 cup)
- 2 eggs, beaten
- 1 cup cooked rice

Cook green pepper and onion in the fat until tender. Blend in flour; add milk and cook, stirring constantly, until thickened. Add the salt and mustard.

Remove from heat. Add cheese and stir until it is melted. If necessary, place pan over very low heat to melt cheese.

Stir sauce into eggs; add rice.

Turn into greased custard cups. Bake at 350°F. (moderate oven) 35 minutes or until firm.

Unmold and serve plain or with tomato sauce.

Makes 4 servings.

CHEESE FONDUE

1-1/2 cups milk
1-1/2 cups soft bread crumbs
1 cup shredded cheese
1 tablespoon butter or margarine
1/2 teaspoon salt
3 eggs, separated

Scald milk. Add crumbs, cheese, the fat, and salt.

Beat egg yolks; add milk mixture.

Beat egg whites until stiff but not dry; fold into mixture.

Pour into greased baking dish. Bake at 350° F. (moderate oven) 30 minutes or until set. Serve at once.

Makes 4 servings.

PEANUT-CHEESE LOAF

2/3 cup cooked oatmeal, wheat cereal, or rice
1/4 cup chopped green pepper
3 tablespoons minced onion
1 teaspoon salt
2 teaspoons lemon juice
1 cup chopped salted peanuts
2/3 cup fine crumbs
1/4 pound cheese, shredded (about 1 cup)
1 egg
1/3 cup milk

Combine all ingredients. Put mixture into a greased loaf pan and bake at 350°F. (moderate oven) about 1 hour. Serve hot with tomato sauce.

Makes 4 servings.

MACARONI BAKED IN CHEESE SAUCE

Put 2 cups cooked macaroni in a greased baking dish. (Spaghetti or noodles may be used instead of macaroni.) Cover with 2 cups cheese sauce. (Page 1) If desired, top with crumbs mixed with butter or margarine. Bake at 350°F. (moderate oven) until heated and crumbs are brown--about 15 minutes.

Makes 4 servings.